

COOKING WITH RICE

MORE THAN 30 FAVORITE RECIPES



A-126



A Storey Country Wisdom Bulletin

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Introduction

When you learn how complicated it is to grow rice, you may marvel that it's the principal food crop of about half the world's population. In the United States, rice is grown commercially in parts of California, Texas, Louisiana, Arkansas, Mississippi, Missouri, South Carolina, and Florida. Rice requires wet soil and a growing season four to six months long with a mean temperature of at least 70°F. Although most varieties, known as *paddy rice*, need to be grown where the crop can be flooded, some, known as *upland rice*, will grow without flooding if the soil can be kept wet. Deep-water rice, which has culms that float on top of the water, grows in areas where deep, rapid flooding happens naturally. Americans believe that floating rice is harvested by hand from boats, but some photographs from Asia show workers up to their necks in water, harvesting the rice. All this gives you some idea how demanding rice culture can be.

Removing the Hulls

The threshed and winnowed grain, with hulls intact, is known as paddy or rough rice. You can't eat it until you remove some of the tough hulls. Even the writers most lyrical about the joys of growing it yourself admit that hulling rice is pure chore. One old Asian way is to pound the grain with a wooden mallet or work it with a big wooden mortar and pestle.

Several Japanese firms make small hand rice hullers, though they are not generally available in this country. You might improvise your own by putting together a series of hand-cranked rollers which scratch the grain across a rough surface. After using any such method, you'd have to clean the grain again to get rid of loose hulls and dirt. Store cleaned rice as you would any other grain.

The Many Forms of Rice

~~Indian Rice~~ taste and nutrition. Avoid it.

~~Polished White Rice~~ the price of much of rice's nutritional qualities. The hulls, bran, germ, and endosperm have been removed in the polishing.

~~Rice that has~~ been soaked and steamed before milling, to retain more of the vitamins and nutrients.

~~Brown Rice~~ has been hulled, so that much of its nutritional qualities have been retained.

~~White Rice~~ polished white rice, so has little taste, low nutritional qualities.

~~Brown Rice Flour~~ nutritious than white rice flour.

~~The Polishing~~ other materials milled off brown rice.

~~Wild Rice~~ rice; commonly found growing wild in the Great Lakes region. A nutritional, tasty, and expensive food product.

Buying Rice

Even if you have to walk five miles on a wooden leg to get to the store, buying rice is easier than growing and cleaning it. It's available in natural food stores and supermarkets at low prices and in considerable variety. Organically grown rice is harder to find. It will be more expensive than that grown with pesticides and chemical fertilizers because organic growers are operating on a smaller scale and haven't the benefit of the economies of a big commercial operation. One nutritionist has observed that one thing you can count on is that if rice is cheap, it's not organic.

However, if you are willing to forgo the organic label, you will find you can buy a surprising variety of rice. For starters there is *polished white rice*, which is sold in great quantity and gave plantation workers beriberi back in the late 1800s, until someone thought to replace the B vitamins in their diet that were being polished off the rice. Not long ago, white rice was all you could find on most grocery store shelves. These days, probably because of the growing interest in nutrition, most stores that carry white rice also carry converted rice and brown rice.

Converted rice is a little better for you than white rice because it is partially cooked before milling by a soaking and steaming process, which shoves some of the nutrients from the hulls into the grain so that fewer vitamins and minerals will be lost when the bran is polished away. Converted rice is more expensive than either white rice or regular brown rice, and is about the same price as organic brown rice.

Brown rice is paddy rice that has been hulled and thus lost some, but by no means all, of its bran, germ, and endosperm. Like white rice, it is available in long-grain, medium-grain, and short-grain varieties. To give you an idea of what happens when brown rice is polished to white: about 10 percent of its protein, 85 percent of its fat, and 70 percent of its minerals are removed. What's left hardly seems worth the water you boil it in. Ironically, you can go to the natural food store and *buy* rice polishings.

In addition to deciding on white or brown rice, you have to

choose among short-, medium-, and long-grain rices. Although you can use these pretty much interchangeably in recipes, you may be surprised at the differences among them in taste and texture. Generally, the short-grain rices tend to be a little more soft and moist and the grains will stick together somewhat. Long-grain rice cooks up into a drier product, with the grains tending to remain separate. The flavor of short-grain rice is somewhat more sweet and pronounced than that of long-grain rice. Medium-grain rice, which you can't always find, tends to have the flavor of short-grain rice and the texture of the long-grain.

The part of the country where you live will determine, to some extent, what rice you can buy. For instance, you're not apt to find Carolina rice in California, or vice versa. If, until now, you've eaten only converted, instant, and white rice, you will be surprised at how much difference in taste and texture you can enjoy as you experiment with the various grain lengths in rice from different parts of the country.

Other Rice Products

Other rice products you can buy include *white and brown rice flour* and *rice polishings*. White rice flour has about the same nutritional value as white rice and it has almost no taste.

Brown rice flour is only a little darker than the white, is more nutritious, and has a faint taste. Both flours are usually sold in natural food stores and some specialty and Oriental shops.

About the only place you can buy rice polishings, which as we've said are what's milled off the brown rice, is in a natural food store. Rice flour is commonly used by people who are allergic to wheat or have digestive problems. The polishings are used mainly by people looking for natural sources of B vitamins, and add nothing to speak of in the way of good taste or texture.

Using Rice

Of all the whole grains, rice is probably the easiest to introduce to people accustomed to only refined foods. Brown rice has a pleasant but mild flavor and the grain cooks up to be just slightly chewy — not tough and not mushy. If you've had trouble cooking rice so that it doesn't turn out gummy, you'll be glad to know that brown rice almost never sticks together.

After my family had been eating brown rice for about a year, I became interested in Chinese cooking and in the interests of "authenticity," I picked up a box of converted white rice, because I'd read that the Chinese prefer white rice. Everyone in the family commented on the fact that the rice that night seemed tasteless. The rest of the box is still on the back of a shelf somewhere. I thought I might use it to make beanbags sometime.

The recipes for rice are practically limitless. Some of them begin with raw rice, some call for cooked rice. Emphatically, you *do not* need an electric rice cooker or any other exotic gadget to make good rice. A regular pan and attention to instructions suffice.

Recipes

BASIC BAKED RICE

2 cups brown rice
3 cups boiling water
Salt (optional)

Toast rice in dry pan. Put in ovenproof dish and pour boiling water over it. Add a pinch of salt.

Put dish in oven, preheated to 350°F, and bake for 40 to 45 minutes. Add a little more water during baking if necessary.

FROM *THE INTERNATIONAL VEGETARIAN COOKBOOK*.

RICE WITH BAKED BANANAS

2 cups brown rice
4 cups water
4 or 5 bananas
2 tablespoons butter
2 teaspoons curry
4 tablespoons flour
2 cups milk or vegetable bouillon
1/3 cup almond slivers
Mango chutney
1/2 cup black olives
1 bunch parsley

Boil water, add rice, and cook for about 40 minutes.

Put whole bananas in oven, preheated to 400°F. Bake until peel is black, about 10 minutes.

Sauté curry in melted butter. Thicken with flour and milk or bouillon to make a sauce. Taste for correct seasoning.

Toast slivered almonds in dry pan.

When rice is cooked, put it in a dish. Put peeled bananas on top and a tablespoon of mango chutney on each banana. Garnish with toasted almonds and black olives.

Sprinkle with chopped parsley. Serve sauce separately.

FROM *THE INTERNATIONAL VEGETARIAN COOKBOOK*.

EASY CHICKEN RICE SOUP

Here's proof that good soup needn't be simmered all day on the back of a woodburning stove. If you have the ingredients around, you can make this soup as fast as you could open a can. Good use of leftover chicken.

3 cups chicken stock
1 cup diced cooked chicken
2 cups cooked rice
1 celery stalk, chopped
1 small onion, minced
1 tablespoon chopped fresh parsley
Salt to taste

Put all ingredients into a soup kettle, bring to a boil, and simmer gently for about 10 minutes. Serve hot.

MAKES 6 SERVINGS.

FROM *THE MORE THAN CHICKEN COOKBOOK*.

RICE WITH LENTILS

If you don't like lentils, this dish is a disaster. If you do like them, it's a dish so good you could eat it three times a day.

1 whole medium onion
3 tablespoons olive oil
2 cups dried lentils
½ cup rice
6 cups water
Salt
1 large onion, sliced
1 tablespoon olive oil
Vinegar and yogurt

Brown the whole medium onion on all sides in the three tablespoons of oil in a heavy kettle. Add the lentils, rice, water, and salt. Bring to a boil over high heat, then cover the pan, lower heat, and simmer until the rice and lentils are tender, usually 1 to 2 hours. The rice will be very soft. Remove the onion from the pan and add a little water or stock if you want the mixture to be more soupy.

Meanwhile, brown the large sliced onion in the olive oil. At serving time ladle the rice and lentils into big bowls, top with the fried onion and a dollop of yogurt, and sprinkle with vinegar.

MAKES 6 TO 8 SERVINGS. FROM *WHOLE GRAINS*.

RISOTTO WITH PEAS

- 4 tablespoons butter**
- 2 tablespoons minced onion**
- 1 cup raw rice**
- ½ cup dry white wine**
- 2 cups chicken broth, heated**
- 2 tablespoons butter**
- 4 tablespoons grated Parmesan cheese**
- 2 cups cooked peas**

Heat butter in saucepan. Cook onion until soft. Add rice and stir until translucent, about 5 minutes. Add wine and stir in hot broth. Cover and cook until broth is absorbed and rice is done but not mushy. Stir in additional butter, peas, and Parmesan cheese.

FROM *HOME GARDENER'S MONTH-BY-MONTH COOKBOOK*.

RICE SALAD

It sounds strange, but it's good. Easy too, since you don't have to fool around paring potatoes as you do for potato salad. You'll find all the renowned gourmet cookbook writers have versions of a rice salad. After you get the basic idea you can make up your version, too.

- 2 cups cooked brown rice (longgrain is best here), chilled**
- ¼ cup chopped sweet onion**
- 2 tablespoons pickle relish**
- ¼ cup chopped celery**
- Dash salt and pepper**
- ½ cup mayonnaise**
- ½ teaspoon golden prepared mustard**
- ¼ teaspoon celery seed**

2 tablespoons sliced olives

2 hard-cooked eggs, sliced

Lettuce

Be sure the rice is cold before you begin. Mix all the ingredients except the olives, sliced egg, and lettuce. Chill several hours. Serve surrounded with lettuce leaves and topped with the olives and sliced eggs.

MAKES 4 SERVINGS. FROM *WHOLE GRAINS*.

RICE AND SHRIMP SALAD

3 to 4 cups cooked brown rice (long-grain is best here)

3 tablespoons good salad oil

½ cup chopped *mild* onion

½ cup chopped celery

½ cup chopped green pepper

1 cup chopped tomato

2 tablespoons chopped parsley

½ cup chopped cucumber

½ cup raw green peas (fresh or frozen)

Dressing:

½ cup good salad oil

2 tablespoons lemon juice

1 tablespoon cider vinegar (more or less to taste)

½ teaspoon dried dill weed

Salt and pepper

1 cup cleaned, cooked, and cut up shrimp

Lettuce

It is better to cook rice fresh for this salad than to use leftover. Be sure you've cooked out all the excess moisture. Before the rice has cooled, pour the 3 tablespoons oil over it and toss gently with two forks. This will keep the grains from sticking together. Cool rice, then mix in all the vegetables and the dressing.

Allow the rice to stand for at least an hour in a cool place

(not refrigerated), then add the shrimp. The standing period gives the dressing a chance to penetrate the rice and allows all the flavors to marry. However, the seafood should not be allowed to stand unrefrigerated. That's why you must add it last.

Serve this salad with lots of lettuce leaves, preferably one of the soft lettuces: Boston, Bibb, or the like.

MAKES 4 SERVINGS. FROM *WHOLE GRAINS*.

RICE WITH SWISS CHARD

This recipe is another one for summer, when your chard is overwhelming you, and is an adaptation of a casserole in the Moosewood Cookbook. It sounds bland but is surprisingly tasty.

1 cup chopped onion

2 cloves garlic, minced

3 tablespoons butter

2 pounds raw chard, chopped (better not to use red chard here)

4 cups cooked brown rice

4 eggs, beaten

1 cup milk plus 2 tablespoons milk powder, mixed

1½ cups grated cheddar

¼ cup chopped parsley

2 tablespoons soy sauce

Dash salt

⅛ teaspoon nutmeg

¼ cup raw sunflower seeds or any chopped raw nuts

Lemon juice or wedges

Sauté the onions and garlic in the butter until just soft. Add the chopped chard, putting in the stems first to give them a head start, and stir briefly in the butter. Lower heat a little and keep stirring and cooking for about a minute longer. Cover the pan and keep cooking until the chard is soft but not completely tender, probably only about a minute longer.

Combine the chard mixture with everything else but the

seeds or nuts and lemon juice. Pack into a buttered loaf pan or baking dish and sprinkle with nuts or seeds. Bake, covered, for 35 minutes in a 350°F oven.

Serve with lemon juice or wedges.

MAKES 6 SERVINGS. FROM *WHOLE GRAINS*.

INDONESIAN RICE SALAD

This sounds an unlikely choice for a winter salad, but all the ingredients are easily available and it brings a hint of the sunny tropics to a gloomy winter's day.

2 fluid ounces orange juice

2 tablespoons sesame oil or other vegetable oil

2 tablespoons tamari (natural soy sauce)

Salt and pepper to taste

**8 ounces long-grain brown or white rice, cooked
and cooled to room temperature**

2 ounces bean sprouts, washed

**1 medium green pepper (core and seeds
removed), chopped**

1 stalk celery, chopped

2 spring onions, chopped

2 ounces roasted almonds or cashews

**2 ounces sultana raisins, plumped up with a
little boiling water and then drained**

4 ounces fresh or canned pineapple chunks

Make the dressing: combine the first 3 ingredients and season to taste. Mix together all the remaining ingredients. Pour the dressing over the salad. Toss well together and chill slightly before serving.

MAKES 4 TO 6 SERVINGS.

Variations:

- ♦ Serve the salad on a bed of greens.
- ♦ Add thinly sliced water chestnuts or bamboo shoots.
- ♦ Garnish the salad with a little dry-roasted flaked

coconut.

FROM SEASONAL SALADS.

RICE, LENTIL, AND CORN SALAD

As someone who is more comfortable eating vegetables, legumes, and grains than meat, this is one of my favorite meatless, complete protein dishes. Because I cook lentils and rice frequently, I usually have them pre-cooked in the freezer or refrigerator, so my preparation time is shorter than the one given below. If you don't have the time to cook brown rice, use the parboiled varieties; for the lentils you can substitute canned black beans. This recipe makes an interesting combination for the palate and the eye.

1 cup dried lentils (3 cups cooked)

1 cup brown rice (3 cups cooked)

1 large red bell pepper, diced small

4 large scallions, including the greens, sliced thin

3 cups corn kernels

Dressing:

$\frac{1}{4}$ cup apple cider vinegar

$\frac{3}{4}$ cup olive oil

1 to 2 large cloves garlic, crushed

1 tablespoon dried basil

2 teaspoons prepared mild mustard

Rinse the lentils, drain, and place in a 2-quart saucepan with 4 cups of water. Bring to a boil, cover the pot, and simmer for 20 to 30 minutes, until just tender. Remove and drain.

Sprinkle the rice into 2 cups of boiling water, cover the pot, and simmer for 20 to 30 minutes, until rice is tender and the water has been absorbed.

While the rice and lentils are cooking, prepare the salad dressing: place the cider vinegar, olive oil, crushed garlic, basil, and mustard in a 2-cup jar and shake vigorously.

Rinse the cooked rice under cold water and combine with the cooked lentils in a large bowl.

Add the bell pepper, scallions, and corn to the rice and

lentils. Toss together with the salad dressing. Chill if desired, or serve at room temperature.

MAKES 8 SERVINGS. FROM CORN: *MEALS AND MORE*.

SUSHI RICE SALAD

Sushi is a general word used to describe a variety of Japanese dishes in which the basic ingredient is cooked rice seasoned with vinegar and sugar. In the most popular type of sushi, the rice is formed into different shapes which are then topped with a selection of garnishes (called nigiri-sushi). Here we make chira-sushi or, as it is in translation, vinegared rice mingled with vegetables. This is a substantial salad, and it makes a good main course or buffet meal.

12 ounces white short-grain rice

2¼ cups water

4 tablespoons rice vinegar or cider vinegar

3 tablespoons white sugar

½ teaspoon salt

3 tablespoons vegetable oil

1 egg, beaten

1 tablespoon tamari (natural soy sauce)

1 medium carrot, peeled, sliced into thin rounds

1 medium onion, finely diced

1 stick celery, finely chopped

2 ounces mushrooms, quartered

2 teaspoons finely sliced pickled ginger for garnish (optional)

First wash the rice. Wash it well by stirring it vigorously in a bowl or pan in lots of water. Let the grains settle and carefully pour off the milky residue. Repeat the process until the water remains almost clear. (This will be a quick process with good quality rice; it will take longer with loosely packed rice.)

Drain the rice and place it in a heavy pan. Add the water, cover, and bring to the boil quickly. Turn the heat down and allow it to simmer for 15 minutes. Turn off the heat and allow the rice to stand for 5 to 10 minutes. Turn the rice into a nonmetallic mixing bowl and set aside.

Combine the vinegar, sugar, and salt and bring the mixture

to a boil, stirring. Pour this dressing over the hot rice. Turn the rice gently with a wet wooden spoon in one hand while with the other hand fan the rice with a flat pan lid or rolled-up newspaper. This cools the rice quickly and gives it an authentic shine. Set the rice aside.

Brush a large frying pan with a little of the oil. Beat the egg with 1 teaspoon of the tamari and prepare a thin omelette in the frying pan. Remove the omelette and cut it into thin strips. Set the strips aside.

In the same pan heat two-thirds of the remaining oil and sauté the carrot, onion, and celery for 2 to 3 minutes. Set them aside. Heat the remaining oil in the pan and sauté the mushrooms for a few minutes until just cooked. Remove them from the heat and stir in the remaining tamari.

Gently mix the sushi rice with the cooked vegetables and mushrooms in sauce. Transfer the mixture to a serving dish and mold it into a mound. Garnish the top with strips of omelette and pickled ginger. Serve chilled or at room temperature.

MAKES 4 TO 6 SERVINGS. FROM *SEASONAL SALADS*.

BROWN RICE AND BEAN SALAD

Rice and beans are complementary protein partners, and, weight for weight, this salad has the same amount of usable protein as a piece of steak. Do not, however, think it will be heavy and boring. The finished salad looks moist, colorful, and tempting, and most important, it tastes good.

4 ounces dried red kidney beans (or chick-peas or white beans), soaked overnight, then cooked and drained

5 ounces brown rice, cooked, rinsed, and cooled

3 tablespoons mayonnaise

3 tablespoons cider vinegar

2 cloves garlic, crushed

1 tablespoon lemon juice

2 tablespoons finely chopped parsley

Salt and black pepper to taste

1 medium carrot, peeled and cut into matchsticks

1 green pepper, seeded, and diced

1 stalk celery, finely chopped

Combine the beans, rice, mayonnaise, vinegar, garlic, lemon juice, parsley, salt, and black pepper, and gently mix well together. Set the mixture aside in the refrigerator to chill for 30 minutes and to give the beans and rice time to absorb the dressing.

Toss in the carrot, green pepper, and celery, and serve.

SERVES 4 TO 6. FROM *SEASONAL SALADS*.

LOUISIANA RED BEANS AND RICE

Red beans and rice have long been the classic “poor man’s food.” The combination is a perfect example of old folkways producing intuitively what we know now, scientifically, to be a perfect complementary protein combination. But it would be a pity to make red beans and rice sound like a nutritional medicine and lose the gourmets’ interest, for this may be the best recipe in this collection. I’ve never served it to anybody who didn’t enjoy it.

2½ cups (1 pound) red kidney beans

3 cups water

½ teaspoon salt

2 or 3 ham hocks

1 medium onion, chopped

1 garlic clove, minced

1 celery stalk with leaves, chopped

1 bay leaf

1 pound sausage

2 cups cooked brown rice

Chopped green onion

Grated cheddar cheese

Soak the beans overnight or use the quick-soak method: drain and put them in a kettle with 3 cups fresh water; bring to a boil, reduce the heat, cover the pan, and simmer for about 30 minutes. Add the salt, ham hocks, onion, garlic, celery, and bay leaf. Simmer 2 hours or longer. Add water if the mixture gets too thick. The beans will be tender in 2 hours, but longer simmering makes the flavor richer.

About 30 minutes before serving, remove the ham hocks, and cool them until you can remove the meat from the bones. Cut the meat into small pieces and return it to the kettle. Meanwhile, cut the sausage into small pieces and fry until brown. Drain away the fat and stir the sausage into the beans. Simmer over very low heat to blend the flavors.

To serve, spoon the beans over the rice on a large platter and garnish with generous amounts of chopped green onion and grated cheddar cheese.

MAKES 8 TO 10 SERVINGS. FROM *COOKING WITH DRIED BEANS*.

PEANUT RICE SALAD

This delicious salad is really just a quick chopping and assembly job. Leftover rice salad will keep for three days in a covered container in the refrigerator.

1 cup cooked long-grain brown rice

¼ cup raisins, plumped in warm water for 15 to 20 minutes

¼ cup shelled and halved peanuts (unsalted)

1 green onion, thinly sliced

¼ cup diced celery

½ small apple, chopped into small dice

2 teaspoons coriander

⅛ teaspoon salt

Pinch pepper

Place all the ingredients in a medium-sized salad bowl and toss gently to mix.

FROM *COOKING FOR SOMEONE SPECIAL . . . YOURSELF*.

CRANBERRY RICE CROQUETTES

3 tablespoons butter or margarine

3 tablespoons flour

½ teaspoon salt

1 cup milk

1½ cups cooked rice

One 16-ounce can cranberry sauce, cut in cubes

Fine dry bread crumbs

1 egg, slightly beaten

Melt butter, blend in flour and salt, add milk, and cook until thick, stirring constantly. Add cooked rice. Spread on plate to cool. Coat rice mixture around sides of cranberry cubes, forming balls. Roll in bread crumbs, egg mixture, and bread crumbs again. Fry in deep fat at 375°F until brown and crunchy. Drain on paper towels.

MAKES 6 SERVINGS. FROM *IT'S THE BERRIES!*

MUSHROOMS IN WINE ON RICE

1½ pounds fresh mushroom buttons

¼ pound butter

1 cup dry red wine

1 small onion, chopped

1 tablespoon minced parsley

1 teaspoon garlic salt

Salt and pepper

Cooked rice, hot

Sauté mushrooms in 2 tablespoons butter for 5 minutes. In a saucepan, cook the wine and chopped onion for 10 minutes, then add the remaining butter. When melted, add parsley, mushrooms, and seasoning. Serve over hot rice.

FROM *COOKING YOUR OWN MUSHROOMS.*

RICE WITH SPLIT PEAS AND SAUERKRAUT

Don't laugh until you've tried it. This recipe grew in stages over many years. The first step began with a pot of split pea soup that turned out too watery. Penn State's football coach, Joe Paterno, said, "Put sauerkraut in it. That'll thicken it up." It sounded ghastly, but the Paternos assured me it was a good combination and, come to find out, it was. Then, as I became more interested in nonmeat proteins, I learned that combining rice and legumes improved the protein quality of the resulting dish, and I began adding rice to the pea soup. Now, any other split pea soup pales by comparison.

½ cup brown rice

2 cups dried green split peas
4 to 12 cups water or stock or broth
1 large onion, chopped
1 carrot, chopped
1 celery stalk, chopped
1 clove garlic, minced
1 small bay leaf
1 ham bone or ham hock
1 cup sauerkraut

Wash the rice if needed. Put all the ingredients except the sauerkraut into a large soup kettle, using as much of the water or stock as you need to cover the dry ingredients by at least 3 inches. Bring to a boil, lower heat, cover the pan, and simmer until the peas are tender, usually about 3 hours, depending on the dryness of the peas. The rice will be very soft.

During the simmering period, add water or stock from time to time to maintain the consistency you prefer for soup. Some people like it so thick the spoon will stand up in it; others prefer something thin enough to drink. If there was any meat on the ham bone, pick it off, and put it back into the soup. Check the seasoning. You shouldn't need any salt because of the ham and sauerkraut. When the soup is done, stir in the sauerkraut and leave on the burner just long enough to make sure the sauerkraut has heated through. The amount of sauerkraut you use can be variable. You can add lots more if you like it.

MAKES 6 TO 8 SERVINGS. FROM *WHOLE GRAINS*.

SPANISH RICE WITH CHORIZOS

Most Spanish rice recipes call for browned ground beef, but the addition of chorizos gives this recipe more flavor.

2 slices diced bacon
2 tablespoons vegetable oil
1 pound fresh chorizo sausages, cut into 1-inch pieces
1 medium onion, chopped
1 sweet green pepper (seeded and cored), chopped

2 cups tomato sauce
1 cup uncooked rice
Salt to taste, if desired
Freshly ground black pepper

Cook the bacon until it is crisp. Remove it with a slotted spoon and drain it on paper towels. Drain off the fat from the skillet.

Heat the vegetable oil in the skillet and sauté the chorizos until they are browned. Remove with a slotted spoon. Drain off all but 2 tablespoons of fat.

Sauté the onions and peppers until they are crisp-tender.

Return the bacon and chorizos to the skillet, add the tomato sauce, and bring to a simmer.

Cook the rice according to package directions.

Add the rice to the skillet, mix well, add salt and pepper, and serve warm.

MAKES 4 SERVINGS. FROM *HOME SAUSAGE MAKING*.

PAELLA

Paella is a Spanish rice dish for company. Your homemade chorizos give this recipe a solid foundation. If you can, in good conscience, afford all these ingredients, then here we go.

One 2-pound lobster
½ cup olive oil
Two 3-pound frying chickens
3 cloves garlic, finely minced
1 large chopped onion
1 pound chorizos, cut into 1-inch pieces
1 cup diced smoked ham
**1 sweet green pepper (cored and seeded),
chopped**
**1 teaspoon capers (the brined, not salted
variety)**
2 cups crushed tomatoes
2 cups uncooked rice
1 big pinch saffron
1 cup water

- 1 small jar pimentos**
- 1 teaspoon oregano**
- 1 teaspoon ground coriander**
- Dash of cayenne pepper**
- 1 pound cooked shrimp**
- 1 to 2 dozen fresh clams, well scrubbed and steamed**
- 1 cup fresh or frozen peas, cooked**

Boil or steam the lobster for 15 minutes. When the lobster is cool enough to handle, remove the meat from the shell.

Cut the frying chicken into serving pieces and sauté in the olive oil until it is browned.

Add the garlic, onion, chorizos, ham, green pepper, and capers to the pot with the chicken. Cook 10 minutes, stirring.

Add the tomatoes, rice, saffron, water, pimentos, oregano, coriander, and cayenne. Mix well and cook, covered, 20 minutes or until the liquid is absorbed by the rice. Add the shrimp, lobster, clams, and peas. Heat through and serve.

MAKES 8 SERVINGS. FROM *HOME SAUSAGE MAKING*.

CHICKEN RICE CASSEROLE

- 2 cups cooked brown rice**
- 1½ cups chopped mixed vegetables**
- ¾ cup diced cooked chicken**
- 1 cup buttermilk**
- 2 tablespoons soy sauce**
- ¼ teaspoon garlic powder**

Combine rice, vegetables, and chicken in casserole dish. Mix buttermilk, soy sauce, and garlic powder, and pour over casserole. Cover and bake at 350°F for about 30 minutes.

Almond Rice Casserole is a variation that can be made simply by substituting sliced almonds for the chicken.

MAKES 4 TO 6 SERVINGS. FROM *NATURE'S KITCHEN*.

CARROT AND CHICKEN PILAF

- 4 chicken pieces**

¼ pound butter or margarine

1½ cups rice, uncooked

1½ cups carrot coins

3 tablespoons minced parsley

¼ cup minced onion

3 cups chicken broth

½ pound fresh mushrooms

Dash cumin and rosemary

Salt and pepper to taste

Remove the skin and fat from the chicken pieces and brown them in the butter or margarine, which has been heated in a medium-size covered frying pan. Remove the chicken pieces and set aside.

Stir the rice into the butter or margarine remaining in the frying pan. Stir it over medium to high heat until the rice is brown and looks slightly puffy and toasted. Reduce the heat to simmer, and add the carrot coins, parsley, onion, broth, and mushrooms. Place the chicken pieces on top of the carrot-rice mixture, season with cumin, rosemary, and salt and pepper to taste. Cover the pan tightly and simmer until all the broth has been absorbed and the chicken and rice are tender (30 to 45 minutes).

Correct the seasonings and serve at once.

MAKES 4 SERVINGS. FROM *THE CARROT COOKBOOK*.

CORNISH HENS WITH LENTILS AND RICE

This recipe evolved. I was reading a recipe for baked chicken and lentils, which is supposed to be a famous French bistro dish, and thought to myself that the spiciness of lentils would team up better with the stronger flavor of Cornish hens than with chicken. Then, as I was preparing to try it, I thought that adding rice to the lentils would smooth out the liquid and improve the protein value — and here's what resulted. I liked it so much I had the leftovers for breakfast.

1 cup lentils, rinsed and picked over

⅓ cup uncooked brown rice, rinsed

1 large garlic clove, mashed

1 medium-size onion, chopped
¼ cup chopped celery
1 carrot, thinly sliced
1 small bay leaf
2 cups water
1½ cups dry red wine
1 teaspoon dry mustard
3 Cornish hens, rinsed and split

Preheat the oven to 350°F.

Mix the lentils, rice, garlic, onion, celery, carrot, bay leaf, water, and wine in a large casserole that can be used on the stovetop. Dissolve the dry mustard in a spoonful of the water and wine and stir it into the casserole. Bring the mixture to a boil. Arrange the Cornish hens on top, cover, and place in the preheated oven. Bake for about 1½ hours, or until the rice and lentils are tender. You may need to add extra water as they bake. Remove the cover and bake 30 to 60 minutes longer, or until the Cornish hens begin to brown. Continue adding water or wine as needed to maintain the liquid level you like.

This can be served with nothing more than a spinach salad with sweet and sour dressing to create the kind of gourmet meal that will sustain you for hours of anything — plowing the back forty or chasing cabs in the city.

MAKES 6 SERVINGS. FROM *THE MORE THAN CHICKEN COOKBOOK*.

SLOW-COOKER RICE AND VEGETABLE CASSEROLE

This is a very easy casserole to make because it goes together without even precooking the meat. It is a meal in itself, and needs only a salad and beverage to complete it. If the vegetables are frozen, run them under cold water to defrost and squeeze out the excess moisture.

1 cup long-grain white rice, uncooked
½ cup diced onion
½ cup diced red or green pepper
2 cups cooked whole kernel corn, drained
½ pound ground beef
4 cups tomato juice

2 tablespoons brown sugar
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons rendered bacon fat

Mix all the ingredients in a slow-cooker. Cover and cook on low (200°F) for 8 to 10 hours. Uncover the cooker and let the casserole stand for 10 minutes before serving.

MAKES 4 TO 6 SERVINGS.

Variations:

Cook 4 slices of bacon, use the drippings in the casserole, and place the bacon strips over the top of casserole before serving.

If you have a slow-cooker with a removable liner, you can transfer this casserole to a conventional oven set at 375°F for 20 minutes for a more baked taste.

FROM *THE NO-TIME-TO-COOK BOOK*.

RICE PARISIAN

⅔ cup raw rice
½ pound fresh mushrooms, chopped
2 tablespoons butter or margarine
1 package dried onion soup
2½ cups water
Sprigs of parsley

Sauté rice and mushrooms in butter until rice is golden brown (about 15 minutes), stirring often. Add dried soup and water and mix well. Simmer about 30 minutes. Top with snipped parsley.

FROM *COOKING YOUR OWN MUSHROOMS*.

FRIED RICE

3 cups water
1 teaspoon turmeric
5 tablespoons oil
Pinch salt (optional)

1½ cups brown rice

2 onions

1 cup corn

½ cup chopped spinach

Bring water to a boil and add turmeric, 1 tablespoon oil and, if desired, a pinch of salt. Put rice in water and cook until all water has been absorbed, about 35 minutes.

Heat 4 tablespoons oil in skillet. Sauté chopped onion in oil. Add cooked rice together with corn and chopped spinach. Heat through.

FROM *THE INTERNATIONAL VEGETARIAN COOKBOOK*.

WILD RICE CASSEROLE

Wild rice is ridiculously expensive, but for special occasions we can be ridiculous and serve it anyway. This recipe is absolutely scrumptious and goes well with seafood.

1½ sticks butter

1 cup wild rice or wild and brown rice mix

½ pound fresh mushrooms

½ cup blanched almonds

5 green onions, sliced

3 cups chicken broth

Combine all ingredients, except the chicken broth, in a skillet and brown until rice looks yellow in color. Add chicken broth. Pour into a casserole and bake covered for 1½ hours at 350°F. This may be made ahead and reheated.

FROM *COOKING YOUR OWN MUSHROOMS*.

BASIC PILAF

2 tablespoons butter or oil

1 cup raw brown rice

2½ cups liquid (water or stock)

½ teaspoon salt

Wash and drain the rice if necessary. Melt the butter or place the oil in a heavy skillet with a tight lid over high heat, but take care not to let the fat burn. Pour in the rice and stir it in

the hot fat for a few minutes, until each grain is coated and just beginning to brown slightly. Immediately pour in the liquid and add the salt. As soon as the mixture has come to a boil, turn the heat to low, cover the pan, and simmer gently for about 40 minutes.

Lift the lid to check for excess moisture; if necessary, cook it down with the lid off. If you wish to add chopped onion, celery, mushrooms, parsley, or other vegetables, sauté them along with the rice before adding the liquid. And if you use a stock or broth that already contains salt, don't add any more in the cooking.

MAKES ABOUT 3½ CUPS. FROM *WHOLE GRAINS*.

ORANGE CASHEW RICE

3 tablespoons butter

⅔ cup diced celery

2 tablespoons finely chopped onion

1½ cups water

**1 cup orange juice, or orange juice combined
with juice drained from small can mandarin
orange segments**

2 tablespoons grated orange rind

¼ teaspoon salt

1 cup raw rice

1 cup raw cashew nuts

1 small can mandarin orange segments

Melt the butter and briefly sauté the celery and onion in it. Add the water, orange juice, orange rind, and salt. Bring the mixture to a boil, slowly stir in the rice, and bring to a boil again. Cover the pan, reduce the heat, and simmer about 45 minutes, or until the rice is just tender. If necessary, cook off excess moisture by removing the lid during the last few minutes. When the rice is done, stir in the cashews and orange segments.

MAKES 6 SERVINGS. FROM *WHOLE GRAINS*.

SARA'S FRIED RICE

In a vague sort of way this recipe is based on one from Julia Child, but Julia uses white rice rather than brown rice. (Gourmets don't like to be caught in the act of willful nutrition.)

2 tablespoons oil

2 cups cold cooked brown rice

2 teaspoons sugar

½ teaspoon salt

¼ cup chopped scallions or onion

¼ cup thinly sliced celery

¼ cup pine nuts or cashews

½ cup cooked shrimp, chicken, pork, or turkey

¼ cup raisins

1 just-ripe banana, diced

Heat half the oil in the skillet until it is almost smoking. Add the rice and stir it rapidly, over medium high heat, until all the grains are coated with a little oil and beginning to look fried. Sprinkle the sugar and salt on top, stir a minute more, and turn the rice into a large warm serving dish. Quickly heat the rest of the oil and add the scallions, celery, and nuts. Stir for a minute, then remove the pan from the heat and stir in the shrimp, raisins, and (gently) the banana. Make an indentation with your spoon or spatula to hold everything, and pour all these ingredients onto the top of the rice.

Each diner scoops up rice and a portion of the goodies in the middle to serve himself.

Vary the ingredients according to your own taste. For instance, canned mandarin orange sections, diced apples, and bits of pineapple are good. In the vegetable line you could include red sweet pepper, watercress, or finely diced rutabaga.

MAKES 4 SERVINGS. FROM *WHOLE GRAINS*.

INDIAN RICE

1 Spanish onion, finely chopped

1 tablespoon safflower oil

1½ cups long-grain brown rice

1 egg, beaten

¼ teaspoon freshly ground white pepper

**1 tablespoon saffron mixed with 2 tablespoons
hot water**

3 cups chicken stock

¼ cup soy sauce

½ teaspoon ground cardamom

2 tablespoons blanched split almonds

¼ cup currants, “plumped” in hot water ½ hour

1 tablespoon orange zest, grated

1 tablespoon lemon zest, grated

Preheat oven to 350°F. In small sauté pan, cook onion in oil until translucent. Set onion aside. In deep, heavy pot (1½-quart) mix rice with egg. Stir over moderate heat until kernels are dry and separate. Season with pepper. Add onion, saffron, stock, and soy sauce. Stir over moderate heat until liquid comes to a brisk boil. Add cardamom, almonds, currants, orange and lemon zests. Stir mixture. Cover with firm-fitting lid and bake in preheated oven. When cooked, fluff rice with 2 forks. Cooked rice can be packed into a lightly greased mold and turned on to a warm plate or simply piled into a warm serving bowl.

MAKES 4 TO 6 SERVINGS. FROM *IT'S THE BERRIES!*

INDIAN PILAF

2 cups brown rice

3 cups water

¼ cup olive oil

¼ cup raisins

1 cinnamon stick

3 tablespoons almonds

Preheat oven to 350°F.

Put rice in ovenproof dish. Add water, oil, raisins, and cinnamon, and put dish in oven. Cook until all liquid has been absorbed, about 50 to 55 minutes. Stir coarsely chopped almonds into the rice when cooked.

FROM *THE INTERNATIONAL VEGETARIAN COOKBOOK.*

CALICO RICE

Plain brown rice is dolled up and delicious when it combines with deep orange carrots, beige mushrooms, pale green celery, white onion, and bright green parsley. It can be served as a main course for a meatless meal, or as a side dish.

2 tablespoons vegetable oil
½ cup onion, diced
½ cup celery, diced
2 tablespoons flour
3 cups water
1 cup brown rice
1 cup grated carrots
½ pound mushrooms
¼ teaspoon sage
2 tablespoons parsley, minced
Salt and pepper to taste

Heat the oil in a large pot or frying pan and cook the onions and celery until they are just translucent. Remove and set them aside.

Add the flour to the oil remaining in the pan, stir it until it is bubbling and beginning to brown, then slowly add the water. Stir this mixture to make a smooth sauce.

Add the rice and all the other ingredients to the sauce, mixing them well. Cover the pan and simmer until the rice is done and the water is absorbed. Add more water if necessary.

Correct the seasonings and serve at once.

MAKES 4 TO 6 SERVINGS. FROM *THE CARROT COOKBOOK*.

ZUCCHINI-LAMB PILAF

2 pounds lamb, cut into 1-inch cubes
1 cup onions, diced
1 tablespoon olive oil
2 tablespoons margarine
2 teaspoons tomato paste
1 teaspoon thyme
Salt and pepper
1 cup water (or stock)
3 cups zucchini, diced

1 cup yellow summer squash, diced

1½ cups carrots, diced

1 cup onions, diced

1 can garbanzo beans, drained

Rice, cooked and hot

Brown meat and sauté onion in oil and margarine. Add tomato paste, seasonings, water or stock, and vegetables. Simmer 30 to 40 minutes until meat and vegetables are tender. Serve over hot buttered rice.

MAKES 6 SERVINGS. FROM *THE NEW ZUCCHINI COOKBOOK*.

RICE AND BROCCOLI CASSEROLE

This makes a nice light lunch or a side dish to be served in smaller portions with an entrée. It's derived from a recipe from the people at the Rice Council of America, who ought to know, if anybody does, some good things to do with rice.

¼ cup finely chopped leek (may substitute onion)

1 garlic clove, minced

1 tablespoon butter

3 cups chopped and cooked broccoli

2 cups cooked brown rice

¼ cup grated Parmesan cheese

4 eggs, beaten

½ cup milk

Salt and pepper

⅔ cup grated cheddar cheese

½ cup raw wheat germ

Sauté the leeks and garlic in the butter until just soft. Mix with all the remaining ingredients except the cheddar cheese and wheat germ. Pour into a buttered 2-quart baking dish. Sprinkle the wheat germ on top and bake until set, about 30 minutes, in a 350°F oven. Sprinkle the cheddar cheese on top of the wheat germ and return the casserole to the oven just long enough to melt it.

MAKES 4 TO 6 SERVINGS. FROM *WHOLE GRAINS*.

REFRIED RICE

Small amount oil

¾ cup onions, chopped

**½ teaspoon garlic powder or fresh garlic,
minced**

1 cup mushrooms, sliced

**2 cups cooked brown rice or any cooked grain
(cold for best results)**

1 tablespoon soy sauce

3 eggs, beaten

Put a small amount of oil in a large frying pan over medium heat. When oil is hot, add onions and garlic and cook 3 minutes, adding mushrooms after about 1 minute. Add rice and soy sauce and fry a few more minutes, stirring frequently. Move rice to one side of pan. Pour in half of eggs and scramble, then mix thoroughly with rice. Add rest of eggs, mixing thoroughly. Fry until mixture is dry. Season to taste at table. Serve with stir-fried or sautéed or steamed vegetables and salad.

MAKES 4 TO 6 SERVINGS. FROM *NATURE'S KITCHEN*.

GINGER RICE CASSEROLE

I'm always looking for an excuse to mince fresh ginger. This is a great one. You'll need some leftover beef or chicken to round out this dish.

1 garlic clove, minced

½ teaspoon minced ginger

2 tablespoons vegetable oil

2 tablespoons finely chopped green pepper

1 teaspoon soy sauce

1½ cups chicken stock

¾ cup long-grain brown rice

½ cup chopped cooked beef or chicken

1 green onion, chopped

Sauté the garlic and ginger in the hot oil for 15 seconds or so. Add the green pepper and sauté until soft.

Add the soy sauce and chicken stock and bring to a boil. Reduce the heat. Add the rice, and cook with the lid on for 25 minutes. Add the chopped meat, stir once, and continue cooking with the lid on for another 20 minutes. Toss with the green onion and serve.

MAKES 1–2 SERVINGS. FROM *COOKING FOR SOMEONE SPECIAL ... YOURSELF.*

CRANBERRY, WILD RICE, AND SAUSAGE STUFFING

½ pound wild rice
2 tablespoons butter
1 cup onions finely chopped
2 Italian-style sweet fennel sausages
1½ cups cranberries
Salt and freshly ground pepper to taste

Place the wild rice in a saucepan and pour boiling water over it. Set aside, covered, for 1 hour. Then drain the rice. Add fresh boiling water to cover by ½ inch. Bring to a simmer and cook gently until the rice is soft but not mushy. Drain well and set aside.

Melt the butter in a sauté pan and gently cook the chopped onions until they are soft. Remove the skins from the sausages and add the sausage meat to the pan with the onions. Raise the heat slightly and cook, crumbling the sausage with a fork, until it is browned. Remove from the heat and add the wild rice to the mixture. Mix well.

Rinse the cranberries. Chop them roughly or process them briefly in a food processor or blender. Add to the sausage-rice mixture and mix well. Taste for seasoning, and add salt and pepper if necessary.

MAKES 4 CUPS. FROM *IT'S THE BERRIES!*

BROWN RICE BREAD

Coarse and chewy, with an earthy allure, it recycles some of the pots of leftover rice that seem always to be cluttering up the refrigerator.

1 cup milk

⅓ cup unsulphured molasses
2 tablespoons sweet butter or light oil
2 teaspoons salt, or 1 teaspoon if rice was salted during cooking
1 tablespoon plus 1 teaspoon dry yeast
¼ cup warm water
½ teaspoon sugar or honey
1 egg
5 cups unbleached white flour, approximately (use part whole wheat flour if you like)
2 cups cooked brown rice
⅓ cup dried currants

In a saucepan scald the milk. Add the molasses, butter, and salt, stir to melt, and let cool to lukewarm.

In a large mixing bowl dissolve the yeast in the warm water with the ½ teaspoon sugar or honey. When yeast is frothy, add the cooled milk mixture, egg, and 2 cups of the flour. Beat 2 minutes with an electric mixer or at least 200 strokes by hand. Mix in the brown rice and currants. Gradually add more flour until the dough clings together and leaves the sides of the bowl.

Turn it out onto a floured board and knead until smooth and elastic, adding more flour as necessary. This dough will be very sticky, so be patient.

Put the dough in a buttered bowl, turn to coat all sides. Cover with a towel and let rise until doubled in bulk.

Punch the dough down, turn it out onto a lightly floured board and knead a few times to press out air bubbles. Let rest, covered, for 10 minutes.

Cut the dough into two pieces. Shape into oblongs and place in two 9-inch greased loaf pans. Cover and let rise until almost doubled. Preheat the oven to 375°F. Bake about 35 to 40 minutes or until the bottoms sound hollow when tapped. Remove from pans and cool on a rack.

MAKES 2 LARGE LOAVES. FROM *THE BREAD BOOK*.

BAKED RICE PUDDING

This is the rice pudding we have eaten in my family since I was a little girl. Mother made it with white rice and used brown sugar as a sweetener; I prefer brown rice and honey. No recipe could be much easier than this one.

1/3 cup brown rice
4 cups whole milk
1/4 to 1/3 cup honey
1 tablespoon butter
1/3 cup raisins
1 teaspoon vanilla
Cinnamon

Wash the rice if it needs it. Mix the rice, milk, honey, and butter in a greased baking dish. Bake in a very slow oven, 225°F to 250°F, for about 6 hours, stirring occasionally. The pudding is done when the rice is tender and the pudding is the thickness you like. When it reaches this point, add the raisins and vanilla, sprinkle with cinnamon, and return to the slow oven for about 20 minutes longer. Serve warm or cold.

MAKES 4 SERVINGS. FROM *WHOLE GRAINS*.

INSTANT RICE PUDDING

1 1/2 cups milk
1 1/2 tablespoons butter or margarine
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/4 cup honey or sugar
1 teaspoon vanilla
1/2 cup raisins
1 1/2 cups instant rice, uncooked
1/2 cup light cream

Measure the milk, butter, cinnamon, nutmeg, honey, vanilla, and raisins into a 1-quart saucepan.

Bring the mixture to a boil. Stir in the rice. Cover the pan and remove from the heat.

Let stand for 8 minutes. Stir in the cream. Serve warm or cold with a whipped topping.

MAKES 4 SERVINGS. FROM *THE NO-TIME-TO-COOK BOOK*.

RICE CUSTARD PUDDING

People who write cookbooks sometimes bore you to death with why they think rice pudding with eggs is better than without, or vice versa. Here's the leading contender for the with-egg type — and no further discussion of merits.

3 eggs

$\frac{1}{3}$ cup honey

3 cups milk

$\frac{1}{2}$ cup raisins

1 teaspoon vanilla

$1\frac{1}{2}$ cups cooked brown rice

Nutmeg

Preheat oven to 350°F. Beat together everything but the rice and nutmeg. Mix in the rice and pour into a greased 2-quart baking dish. Sprinkle with the nutmeg. Set the dish in a pan of hot water and bake about $1\frac{1}{2}$ hours, or until custard is set. Do not overbake. The custard will continue to cook and set up some after you remove it from the oven. This is better served cold or cool, unless you are fond of the taste of hot egg custard.

MAKES 6 SERVINGS. FROM *WHOLE GRAINS*.

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